



SMASH SPORTS CLUB

Southend Mencap and Sporting Heroes

A sports club for people with learning disabilities age 13+.
Open to teenagers with learning disabilities although those with
more complex needs will need their own support.

Every Saturday - times below

£4 per session

Quarter 4 2024/2025 Programme

4th January 2025	Garons Swim Centre	1.45-3.15pm
11th January 2025	Garons Sports Centre	2.00-3.30pm
18th January 2025	Trampolining - Oxygen ActivePlay 26a Brook Road, Rayleigh, Essex SS6 7XL	2.00-4.00pm
25th January 2025	Garons Sports Centre	2.00-3.30pm
1st February 2025	Garons Swim Centre	1.45-3.15pm
8th February 2025	Garons Sports Centre	2.00-3.30pm
15th February 2025	Circuit Training/Gym - Ultimate Fitness	2.00-4.00pm
22nd February 2025	Garons Sports Centre	2.00-3.30pm
1st March 2025	Garons Swim Centre	1.45-3.15pm
8th March 2025	Garons Sports Centre	2.00-3.30pm
15th March 2025	Capoeira - Brazilarte Academy	2.00-4.00pm
22nd March 2025	Garons Sports Centre	2.00-3.30pm
29th March 2025	Circuit Training/Gym - Ultimate Fitness	2.00-4.00pm

The Harvey Centre
100 London Road
Southend-On-Sea
Essex SS1 1PG

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